What is claimed is:

1. A method for treating a mammal suffering from insomnia comprising administering to said mammal a pharmaceutical composition comprising an effective amount of a GABA analog.

2. The method according to claim 1, wherein the GABA analog is the compound according to Formula I:

$$H_2N-CH_2$$
  $C-CH_2CO_2R_1$   $CH_2O_2R_1$ 

wherein R<sub>1</sub> is hydrogen or lower alkyl and n is an integer of from 4 to 6, and the pharmaceutically acceptable salts thereof.

- 3. The method according to claim 2, wherein Formula I comprises gabapentin.
- 4. The method according to claim 2, comprising from about 10 mg to about 400 mg of Formula I.
- 5. The method according to claim 3, comprising from about 10 mg to about 400 mg of gabapentin.
- 6. The method according to claim 1, wherein the GABA analog is a compound according to Formula II:

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or a pharmaceutically acceptable salt thereof wherein  $R_1$  is a straight or branched alkyl of from 1 to 6 carbon atoms, phenyl, or

cycloalkyl of from 3 to 6 carbon atoms;

R<sub>2</sub> is hydrogen or methyl; and

 $R_3$  is hydrogen, methyl, or carboxyl;

- 7. The method according to claim 11, wherein Formula II comprises5 pregabalin.
  - 8. The method according to claim 11, comprising from about .15 mg to about 65 mg of Formula II.
  - 9. The method according to claim 12, comprising from about .15 mg to about 65 mg of pregabalin.